

## **Unit 16 - Psychological Effects of Aging**

### **Resource Materials/Activities/Notes**

#### **Suggested Instructional Resource Materials**

- Video on Alzheimer's disease
- Sample resident care plan
- Handout - Defense mechanisms
- Handout - Maslow's hierarchy of needs
- Handout - Erickson's tasks of personality development

#### **Skill Performance Checklists – None**

#### **Activities**

- Discuss additional ways to meet the resident's basic needs.
- Prepare a list of ideas that could be used to meet the resident's need for activity.
- Have students discuss how they meet their own needs for safety and security.
- Consider movies you may have seen or situations you may have observed showing love, affection, and caring between children and grandparents, couples in their golden years, friendships that have lasted over many years. Share these experiences.
- Consider some of the little extra things you could do to provide a resident with the feeling of belonging. Share these ideas with the class.
- Identify some ways that pet therapy can meet a resident's needs.
- List ways to promote feelings of self-esteem in residents.
- Discuss ways to identify and meet the nurse aide's personal needs.
- Discuss appropriate reactions of personnel to various sexual activities performed by residents.
- Suggest ways to deal professionally with a sexually aggressive resident.
- Have the class consider the various illnesses and injuries that affect sexuality and what the reaction of residents to others might be like as they compensate for their feelings.
- Role play conversations that would help a resident to review life's challenges and accomplishments.
- Discuss other causes of depression.
- Discuss how students express themselves when sad.
- Role play appropriate communication skills in working with a depressed resident.
- Have the class discuss the issues involved when the elderly leave their homes for a retirement center, leisure community, or long-term care facility.
- Have the students consider what it would mean to have to leave his or her home and change lifestyle.
- Review stereotypes and myths about the elderly.
- Suggest ways that a spouse or significant other can assist with care for a resident if he or she wants to help.
- Define "confabulation".
- Discuss wandering and "sundowning".
- Role-play conversations using reality orientation skills.
- List other ways to orient the confused resident to reality.
- Have the class discuss the many symptoms people refer to as "senility".
- Define "senility".
- Role-play situations in which residents show fear, frustration and anger, and how nurse aides should respond to these situations.
- Discuss ways that the nurse aide can unintentionally provoke a combative response in a resident.